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RONDO LEADS CELTICS PAST RAPTORS, PG 16

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Roxxxy has 'brains,' as well as bolts

ROBOT A New Jersey company says it has developed "the world's first sex robot," a life-size rubber doll that's designed to engage the owner with conversation rather than lifelike movement.

At a demonstration at the Adult Entertainment Expo in Las Vegas Saturday, the dark-haired, negligee-clad robot said, "I love holding hands with you" when it sensed its creator touched its hand.

The level of sophistication demonstrated was not beyond that of a child's talking toy, but Roxxxy has a lot more brains than that — there's a laptop connected, it has touch sensors and can sense when it's being moved.

THE ASSOCIATED PRESS

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — First Nations eye pride as legacy of Games, page 18

On the web

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Podium

LAURENT CIPRIANI/THE ASSOCIATED PRESS

Canadian Ashleigh McIvor, right, winner of the women's skicross World Cup event in Les Contamines, French Alps, celebrates on the podium yesterday with Canadian Julia Murray, who placed second. More coverage, page 18.

Thumb's down

Hand-scanning for students spurs privacy complaints

Fancy body scanning isn't just for catching terrorists.

In a move that has prompted at least three complaints to Canada's privacy czar, a growing number of professional programs such as medicine and business now require students to give a digital print of their finger, thumb or even veins in their palm to write the high-stakes entrance tests designed and run out of the United States.

The latest version is the new infrared scan of the blood vessels in your palm required by all 266,000 students around the world — 8,000 in Canada — who write the four-hour GMAT admissions test each year for a master's of business administration (MBA) program.

"It's unfortunate some people want to cheat to get the higher scores you need for better-known programs," said Rick Powers, executive director of the University of Toronto's MBA program.

"For the integrity of the application process," said Powers, "we support this type of technology."

TORSTAR NEWS SERVICE

The stubble gave it away

• The spyware is designed to foil fraud artists who hire other people to write the test for them, disguised sometimes in full wig and fake glasses, using a twin or even a spouse — one husband wrote a test for his wife wearing one of her dresses, said one test official, but was spotted when his five o'clock shadow began to show.

Canadian escapes beheading

A Montreal man no longer faces a public beheading in Saudi Arabia but his supporters say he still has a long way to go as he must now brave a trio of new judges and a fresh trial in connection with a fatal after-school brawl in 2007.

A spokeswoman for Foreign Affairs Minister Lawrence Cannon confirmed Mohamed Kohail, 24, is still in a Saudi jail, but the death penalty is off the table after a court judgment on the weekend.

Mohamed Kohail

Saudi Arabia's supreme court also decided that Kohail's case should be retried.

"This is good news," said Cannon spokeswoman Catherine Loubier.

Liberal MP Dan McTeague, who has been following the case, said this new ruling may finally break what until now has been a judicial stalemate.

"It's encouraging news but we're not out of the woods yet," he said. "He still has a long way to go, he's got to go through a whole trial."

Mohamed Kohail, who is a Canadian citizen, and a Jordanian friend were sentenced to death after being convicted of the killing of 19-year-old Munzer Al-Hiraki during an after-school brawl in Jidda in 2007. Authorities said the fight was sparked after Kohail's younger brother Sultan got into a dispute with Al-Hiraki's female cousin.

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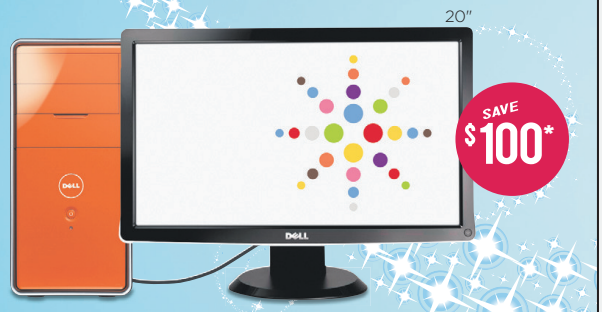

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Local

Magnotta was Ontario wine trailblazer

Gabe Magnotta, left, was a trailblazer in Ontario's wine industry. In his business life, he battled what he considered an unfair marketing system. And in his private life, he fought Lyme disease, which he had contracted in 2006. Born in the Italian village of Andretta in 1949, Magnotta moved to Canada at the age of 11. With his wife he founded Magnotta Wineries in 1990. When the LCBO said it had no space for the winery's products, the Magnottas opened their own stores to sell wine directly to the public. Magnotta died Dec. 30 at his home. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Comment
Lawrence Martin gives us his take on the Canadian political scene.

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WHAT'S ONLINE TODAY

Video A Toronto teen is twiddling her thumbs ahead of World Texting Championships in New York at **metronews.ca/canada**

Immigration Guidy Mamann has advice for those who have allowed their visitor's status to expire, at **metronews.ca/immigration**

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Facebook complicating ban

Online condolence messages could be a violation in murder case

As a grief-stricken family prepared the funeral for a two-year-old Oshawa boy slain in a basement apartment, thousands of people turned to Facebook to memorialize the child.

But as mourners — some family, some friends, even complete strangers — post condolences, photos and apparent theories of how the toddler was killed, they could be breaking a court-ordered publication ban.

Neither the victim nor the accused, the mother's 26-year-old boyfriend, can be publicly identified.

"I highly doubt that most of the people blogging or on Facebook have any idea there's a publication ban. So what is the law to do? Punish them ... without them having notice that their conduct may be against the law?" said Paul Burstein, president of the Criminal Lawyers' Association.

A visitation for the boy, who police said died from bodily trauma, will be held at the Oshawa Funeral Home Thursday evening and the funeral will be in the chapel Friday morning.

"Every day that goes by this gets harder and harder. I am mourning the loss of my son the best way that I know how," the boy's mother wrote on the tribute page.

The message was in response to new comments that popped up every 15 minutes, several of which began with the preface, "I don't know you but …"

"... the law, certainly in the last 20 years, has shown that it tends to lag far behind advances in technology."
Paul Burstein, Criminal Law Association president

The very fact strangers are finding their way to the page presents a problem for the publication ban.

Facebook, like other social networking sites, straddles a legal grey zone, Burstein said. A tribute page can't be treated the same way as a major news outlet, yet it also can't be treated like a private conversation between friends.

As of yesterday, the group had close to 2,400 members.

"Unfortunately, the law, certainly in the last 20 years, has shown that it tends to lag far behind advances in technology," Burstein said.

The repercussions could be significant, as the information could taint the opinions of potential witnesses or jurors. A serious breach of a publication ban could lead to a mistrial, as well as a fine and even jail time for the perpetrator.

TORSTAR NEWS SERVICE

Stunt **A cold and breezy ride**

KEITH BEATY/TORSTAR NEWS SERVICE

Alan Charlton is seen participating in Toronto's third annual No Pants! Subway Ride yesterday. About 300 people turned up for the event run by Improv in Toronto.

Crowded, stressed Thorncliffe

STUDY Severe overcrowding and poverty is heightening stress and ethnic tensions in Canada's most populated immigrant neighbourhood, says a study of the Thorncliffe Park community released today.

The U of T study of changes in the Toronto neighbourhood between 2001 and 2006 found more than 30,000 residents — mostly newcomers — are crowded into 34 highrise and lowrise apartments in a 2.2-square-kilometre concrete jungle behind Don Mills Road and Don Valley Parkway. Front-line workers are worried the population is outpacing programs and services, hindering their ability to quickly integrate.

"Thorncliffe Park will continue to attract high volumes of newcomers, relative to most neighbourhoods across Greater Toronto. Settlement services, therefore, should remain a high priority," says the report. "If population and household numbers continue to climb at the same rates, overcrowding and other issues will present increasingly greater challenges."

The study found each household has an average 1.4 bedrooms compared to 2.7 across the city, but twice as many sleeping in a bedroom as in an average Toronto home. Half of residents live below Statistics Canada's low-income cut-off, three times the rate for Toronto. TORSTAR NEWS SERVICE

ShareYourViews
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News in brief

CANDIDATE NDP supporters packed a downtown Toronto community centre yesterday to choose nurse and housing activist Cathy Crowe as their candidate in the Toronto Centre byelection to be held Feb. 4. "For 20 years, Cathy Crowe has been a fearless voice for the heart of Toronto," said Andrea Horwath, leader of the NDP. "She is everything an elected representative should be: Moral, compassionate, skilled and connected to the full diversity of people in her riding." Crowe has lived and worked in Toronto Centre for more than 20 years.

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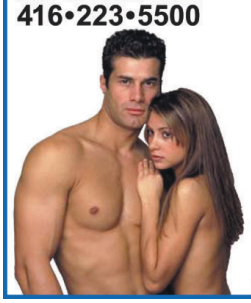

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Year's first traffic fatality

Police believe high speed is what caused a 37-year-old man to lose control of his vehicle on King Street East near Parliament Street early yesterday, crashing into a taxicab, a hydro pole and a bus shelter, in the city's first traffic fatality of the year. TORSTAR NEWS SERVICE

Fantino to face allegation

Activist accuses OPP commissioner of illegally influencing elected officials

Ontario Provincial Police Commissioner Julian Fantino is vowing to fight an allegation from an activist that he illegally influenced elected officials in Caledonia, Ont., the site of a long-running aboriginal occupation.

"I intend to vigorously defend myself and the OPP against this allegation and have the utmost confidence in the judicial system," Fantino said in a statement issued Saturday.

A summons was issued Friday against Fantino on one count of influencing or attempting to influence municipal officials — a legal step required before charges could be officially laid and court dates set.

Fantino has not received any paperwork, said Insp. Dave Ross, a provincial police spokesman.

"The commissioner has been made aware of a process that's been issued by a justice of the peace against him concerning an allegation brought forward by a private citizen," said Ross.

Julian Fantino

"At this particular time we haven't seen the process ... nor has the commissioner been served with any sort of a process," said Ross.

Activist Gary McHale has been trying to have Fantino charged after the commissioner sent an email in April, 2007, allegedly telling the mayor and councillors in Caledonia not to attend McHale's rallies.

THE CANADIAN PRESS

Police seeking two suspects after violent sexual assault

CRIME Police in Toronto are searching for two suspects after a violent sexual assault.

Investigators say a female victim left a bar in the Annex area of the city, near the University of Toronto, at about 2:30 a.m. Saturday with two males.

Police say the suspects drove her to a home west of that area and both of them sexually assaulted her.

The suspects then allegedly drove the victim away from the home and hit her several times, then left her at the side of the road.

Police say the suspects used two different vehicles, the first being described as a silver or grey, four-door Hyundai Elantra missing the rear Hyundai symbol and the second is described as a silver or grey, four-door Mazda 3 sedan with tinted windows.

THE CANADIAN PRESS

Suspects

- One suspect is described as white, six feet tall and 180 pounds.
- The other is described as white, with a height between 5-9 and 6-1, 200 pounds, with dirty blond hair, blue eyes, a round face, round nose and a large forehead.

Store clerk fights off armed robber

CRIME A convenience store employee fought the same would-be robber twice on Friday night.

A man first entered the Daisy Mart on Dawes Road around 9:45 p.m., pointed a gun at the clerk and demanded cash, police said. The male clerk, 53, struggled with him and the man fled.

A short time later, the robber returned, this time armed with a bat, and again demanded cash. The two fought again and the suspect eventually ran off on Dawes Road, toward Danforth Avenue. The clerk suffered only minor injuries.

Police are looking for a man described as male, white, 18- to 22-years-old, five-feet-six to five-feet-eight, 150 to 180 pounds with a thin build and a black hair.

TORSTAR NEWS SERVICE

At participating stores for a limited time. Not valid with any other offer or on bulk beverage purchases.
Promotion not applicable to combos. © Tim Hortons, 2009

Canada Post increasing postage rates

Starting today, Canada Post says the cost of sending a first-class letter within the country will rise to 57 cents from 54. Letters to the United States will cost $1 — an increase of two-cents — and letters to all other foreign countries will rise by five cents to $1.70. THE CANADIAN PRESS

Canada

Pipeline bombing suspect released

Anti-oilpatch activist Wiebo Ludwig, left, was back on his farm in northwestern Alberta Saturday after spending a night in jail following his arrest in relation to pipeline bombings in British Columbia. The RCMP said they had "reasonable and probable grounds" to make an arrest, but the B.C. Crown prosecutor's office didn't see sufficient evidence to lay charges. The RCMP said new evidence had been obtained and would be submitted to the Crown. THE CANADIAN PRESS

McGuinty to shuffle cabinet, sources say

POLITICS Premier Dalton McGuinty is poised to shuffle his cabinet as early as this week to put an energetic new face on a government girding for a politically difficult year.

Sources told the Toronto Star McGuinty wants to revamp his executive council soon to give the expected flood of new ministers time to learn their files before the House resumes Feb. 16.

Saddled with a $24.7-billion budget deficit and facing a potential backlash over the 13 per cent harmonized sales tax that takes effect July 1, the premier hopes to jolt his second-term administration.

"He wants to do it sooner than later. The premier is very decisive on this and feels it's important to get it done," said a senior official.

The departure of former deputy premier George Smitherman, who is running for mayor of Toronto, was one trigger for the changes. With Municipal Affairs Minister Jim Watson expected to reveal this week if he will seek the mayoralty of Ottawa, other dominoes could also start toppling for the premier.

Veterans who may not be seeking re-election could be shuffled out of cabinet to make way for new blood.

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ScanLife

Scott Thompson talks about hitting "rock bottom" and beating cancer on the road to the Kids in the Hall reunion. Scan this code for the story.

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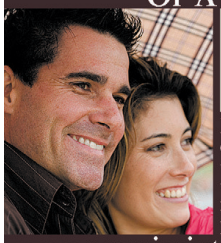

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PREMIER INTRODUCTIONS

Halifax **Oh Canada**

ANDREW VAUGHAN/THE CANADIAN PRESS

Thumping hip-hop beats resonated through a historic Halifax street yesterday as a local rapper shot a video poking fun at Canadian stereotypes. Rapper Classified, from Enfield, N.S., shot the video for his song, Oh Canada, from his 2009 album, Self Explanatory. Fans in red-and-white jerseys with the maple leaf on everything from their cheeks to T-shirts and posters marched down the long pedestrian courtyard as the song pounded out over a stereo system.

News in brief

LIBERALS Michael Ignatieff's Liberals went on the offensive yesterday, rolling out ads that take straight aim at the Harper government's decision to put Parliament on ice until March. A print ad features a sign hung outside Parliament Hill with the words, "Closed out of self interest." A radio spot accuses Prime Minister Stephen Harper of shuttering Parliament to cover up controversy over handling of Afghan detainees.

SAFE SEX Captain Condom, the safe sex superhero and other caped crusaders will hit the streets of Vancouver next month, when the city hosts the 2010 Olympic Games. Behind the clowns and condoms on stilts is a serious message. The organizers, a group called SafeGames 2010, will have teams handing out "safe kits" that will include condoms, lubricants, lip balm and referrals.

THE CANADIAN PRESS

Canadians dig FarmVille

Online farming game a hit with Facebook users here, abroad

Canadians appear to really get a kick out of FarmVille — an online farming simulation that boasts more than 73.8-million daily users worldwide just six months after it was launched.

Canada is the sixth biggest country in terms of the number of visitors to FarmVille, the most popular social game among Facebook's 350-million users. The United States is number 1, followed by Turkey, the Philippines, the U.K. and Italy.

Players can manage a virtual farm by planting, growing and harvesting virtual crops, trees and livestock. They can buy everything they need for their virtual farm including seeds, trees, animals, buildings and more land using FarmVille currency called coins. Players earn the coins by selling crops or by accumulating cash at a rate of $1 per experience level.

For those not content to earn their coins in the virtual world, real-world credit cards can be used to purchase them from the game's developer, Zynga.

"At times it's almost psychotic because you think, 'I have to get home and milk the cows or they'll explode.' "
Robert Prowse, television producer

Just like a real farm, if the crop isn't harvested in time, it will wilt and have to be plowed again so the player won't be able to reap the profits.

"At times it's almost psychotic because you think, 'I have to get home and milk the cows or they'll explode,'" said Toronto television producer Robert Prowse, 59, who says he spends about half an hour a day on the game.

The game is most popular among 18 to 35 year olds and is about 60-40 per cent split between female and male players, said Montreal-born Bill Mooney, a Zynga vice-president and the general manager of FarmVille.

THE CANADIAN PRESS

No serious injuries after powerful California quake
An offshore 6.5 magnitude earthquake rattled communities in northern California Saturday, cutting power to thousands of customers, causing minor damage to homes and businesses and forcing many people to seek treatment for cuts and bruises from falling debris. THE ASSOCIATED PRESS

World

Leader told to resign over wife's affair

Northern Ireland's former leader has called on his successor, Peter Robinson, to step down after the revelation that his wife, Iris, left, had an affair with a teenager. Former Northern Ireland First Minister David Trimble said yesterday that Robinson would probably leave office within days. The admission by Robinson's wife that she had an affair with a 19-year-old man when she was 58 has angered many in the couple's socially conservative Protestant constituency. THE ASSOCIATED PRESS

News in brief

NEW YORK Clara Tolentino was terrified when her sister died last year after getting liquid silicone injections to add a bit more shape to her buttocks. According to the autopsy, about 1,400 milligrams of silicone were in her lungs. Fresh injection sites dotted her thighs and buttocks. The medical examiner's office said the cause of death was silicone pulmonary embolism. In the U.S., liquid silicone is not approved for cosmetic injections. It can kill, disfigure and cause long-term health problems. Still, it is avidly sought on the black market by untrained providers for those women who desire rounder breasts, buttocks and more shapely thighs.

ITALY Pope Benedict XVI denounced last week's riots between immigrants and Italians in southern Italy, saying yesterday that migrants have rights, must be respected, and are equally loved by God.

THE ASSOCIATED PRESS

Pakistan violence on rise

Recent murders blamed on political infighting

Dozens of people have been killed in Pakistan's largest city, including four found yesterday — three of them headless — in a wave of targeted attacks among rival political groups that some say is aimed at destabilizing the country's ruling coalition.

Political violence is common in Karachi, but the shootings and decapitations since Jan. 1 have terrorized parts of this teeming metropolis, prompting the government to send in paramilitary forces to restore order.

The political infighting comes at a time when the government is facing a raging Taliban-led insurgency that has spread to Karachi and killed more than 600 people across the country in the past three months.

The growing unrest in the financial capital threatens to spark further instability.

"We have found four bodies of our party workers today," said Faisal Sabzwari, a provincial lawmaker from the Muttahida Qaumi Movement, the strongest political party in Karachi and one dominated by the minority Mohajir ethnic group.

"Three of them were headless, and we found the heads later on," Sabzwari told The Associated Press.

Sabzwari blamed members of the ruling Pakistan People's Party for fueling the violence, saying much of it was being carried out by thugs from Lyari Town, a poor area of Karachi and a PPP stronghold.

"They are the Lyari gang members and criminals who are killing our workers, and there are some elements within the ruling party who patronize them," he said.

Although both parties are members of the ruling coalition, they have a tense relationship and a history of conflict that dates back to the arrival of Mohajir immigrants from India after Pakistan gained independence in 1947. THE ASSOCIATED PRESS

m.metronews.ca

SCANLIFE

Unearthed tombs in Egypt shed light on how the labourers who built the pyramids lived. Scan this code for the full story.

Europe **Winter wreaks havoc**

WINFRIED ROTHERMEL/THE ASSOCIATED PRESS

People pull sleds in southern Germany yesterday. Europeans were struggling to restore roads and railways after heavy snow caused hundreds of traffic accidents, halted flights, downed power lines in Poland and trapped more than 200 people overnight on a frozen German highway.

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Whopping speeding fine handed out
A Swiss court has made headlines by slapping the equivalent of a $300,321 speeding ticket on a millionaire Ferrari driver. THE ASSOCIATED PRESS

Churches attacked in dispute over a word

Eight Malaysian churches have been attacked over three days amid a dispute over the use of the word "Allah" by non-Muslims, sparking fresh political instability that is denting Malaysia's image as a moderate and stable Muslim-majority nation.

The unprecedented attacks have set off a wave of discontent among Malaysia's minority Christians and strained their ties with the majority Malay Muslims. About nine per cent of Malaysia's 28 million people are Christian, most of whom are ethnic Chinese or Indian. Muslims make up 60 per cent of the population.

"It showed that, after 52 years of living together, nation building and national unity is in tatters," said Charles Santiago, an opposition member of Parliament. "The church attacks shattered notions of Malaysia as a model secular Muslim nation in the eyes of the international community."

"The church attacks shattered notions of Malaysia as a model secular Muslim nation in the eyes of the international community."
MP Charles Santiago

Many Muslims are angry about a Dec. 31 High Court decision overturning a government ban on Roman Catholics' using "Allah" to refer to their God in the Malay-language edition of their main newspaper, the Herald.

The ruling also applies to the ban's broader applications such as Malay-language Bibles, 10,000 copies of which were recently seized by authorities because they translated God as Allah. The government has appealed the verdict.

Firebombs were thrown at seven churches nationwide since Friday, with another splashed with black paint. No one was hurt and all suffered little damage, except the Metro Tabernacle Church in a Kuala Lumpur suburb, which had its office gutted by fire. THE ASSOCIATED PRESS

Israel **Protesters accuse government of racism**

DAN BALILTY/THE ASSOCIATED PRESS

Ethiopian Israelis hold up photos of their relatives as they take part in a protest outside the Prime Minister's Office in Jerusalem yesterday. Ethiopian Jewish immigrants to Israel participated in a demonstration calling on the government to assist in bringing their relatives to join them.

Cool response to U.S. peace push

MIDDLE EAST Palestinians found themselves on the defensive yesterday, after the United States announced a new push to relaunch Mideast peace talks.

Aides to Palestinian President Mahmoud Abbas said there is no point negotiating while Israel expands settlements on land they want for their state. However, Abbas may find it difficult to justify turning down an offer of intense, top-level U.S. engagement in the talks and a two-year cap for a deal on Palestinian statehood.

Israeli Prime Minister Benjamin Netanyahu was quick to affix blame, with his office saying the Palestinians have been holding up peace efforts, while "Israel took significant steps to advance the process."

The statement came in response to comments made last week by U.S. envoy George Mitchell, who suggested in an interview with PBS television that the U.S. might use financial pressure, like withholding loan guarantees, if Israel doesn't make sufficient concessions in negotiations.

Mitchell is set to return to the Middle East this month. THE ASSOCIATED PRESS

News in brief

AFGHANISTAN An explosion outside a village in southern Afghanistan killed a U.S. Marine and a veteran war correspondent who became the first British journalist killed in the conflict, officials said. With the death yesterday of Mirror journalist Rupert Hamer, 18 reporters have been killed in Afghanistan — including a Canadian last month — since the U.S.-led invasion that followed the Sept. 11 terror attacks. THE ASSOCIATED PRESS

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Comment

Gridlock may squeeze transit users

InTransit

Ed Drass

metronews.ca/intransit

It's hard to notice if your commute is taking longer every day due to traffic congestion because the change is so gradual. Then along comes a study that highlights how dramatic the delays have become.

Several major GTA highways got significantly slower between 2006 and 2008, according to the provincial ministry of transport. Thankfully, half the roads that were measured did not show worsening congestion — but others practically coagulated.

Some stretches of road have special lanes for high occupancy vehicles, which means bus riders and carpoolers can bypass traffic — but this is not an option in many corridors.

As gridlock spreads across the GTA, transit users will be affected in two ways. Buses that travel in mixed traffic will move more slowly and become less evenly spaced — they will be more likely to travel in packs. To liberate transit vehicles from congestion, we need to build more dedicated lanes but these may have to be carved from existing roadway space. This in turn worsens congestion.

Also, a greater number of motorists will eventually have to leave their cars at home and try squeezing onto streetcars, buses and trains. Even though the province has embarked on one of the largest transport upgrades in the world, the planned road and rail expansion won't offset the huge growth in car use that is expected in coming decades.

Queen's Park needs to calculate what it will cost to ensure traffic does not come to a halt on key arteries. Then we as a society must decide how — or if — we're going to pay for increased mobility.

• • •

Have you noticed serious problems over the last year with heating or air conditioning on board transit vehicles? Please let me know via transit@eddrass.com.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

Views

Exercise caution when battling the bulge

HineSight

Anne Hines

metronews.ca/hinesight

This time of year it seems as if someone is throwing diet and exercise information at us every time we turn around (which, by the way, burns .00324 calories).

In the past, it was generally accepted if you wanted to trim down, you simply had to eat less and exercise more. Nowadays, we can see the obvious flaw in this system. No one can make money from it.

Before you start shedding cash in order to shed pounds, here's what you need to know:

Home gym systems: Many experts say exercising at home can be fun and easy. We do not believe them, of course. However, if you are planning to buy home gym equipment, it's important to choose something that will suit your lifestyle in the long term. Ask yourself: "Will this elliptical trainer be good for hanging clothes on in March when I don't want to see it again?"

Gym memberships: Choosing a gym is all about location. I choose something near a doughnut shop. That way I can announce, "I'm going to the gym" as I head out for a French cruller. You may want to consider hiring a personal trainer, whose job is to make you hurt in every area of your body. If they wore leather boots, it would probably be illegal.

Exercise/diet books: Bookstore shelves are crammed with helpful titles such as Taylor Swift's Guide to Perfectly Toned Thighs ("Be 20 years old") or The Miracle of Losing Weight by Never Eating Again. Diet books can be very useful, but only if what you use them for is to strap them to your ankles on long walks.

My choice? This year, I think I'll try exercising my common sense instead of my credit card. Will I be thin in 2010? Maybe.

But the advice I'm going with is this: "Life should not be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body; but rather to skid in sideways, chocolate in one hand, chai in the other, body totally worn out, screaming 'Woo hoo, what a ride!'"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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EDITOR: BEN.RYCROFT@METRONEWS.CA

7 Green resolutions for 2010

Metro compiles a list of top tips to help live an eco-conscious lifestyle

ROMINA MCGUINNESS
Metro World News

January is the month of resolutions and the perfect time to dust off bad habits from the previous year. With the need to Go Green still going strong, Metro compiled a list of the top green tips for 2010.

This may mean you have to switch your luxury trip to the Maldives for a trip to the countryside… but at least it's in the interest of the planet.

TRIM YOUR TRAVEL

Make 2010 the year of low carbon holidays. Rethink your choices carefully. Closer destinations will reduce your carbon footprint (whether you travel by train, plane boat or car) and could possibly end up being the cheapest option.

REWRITE YOUR SHOPPING LIST

Buy organic food sources when possible, which are often better for your health as they are usually made using natural and non-processed sources. Cut down on your meat and dairy consumption and try making hearty meals using more fruit and vegetables. At the till, use a re-usable cotton tote to carry your groceries home rather than a plastic bag. Feeling thirsty? Drink tap water instead of bottled, or invest in an aluminum bottle and water filter.

PHOTOS.COM

Plant your own vegetables this year to help reduce the emissions cost of transporting food.

GREEN YOUR GARDEN

Gardens don't only come in handy for summer barbecues. Plant your own garden patch with vegetables and fruit that are easy to look after and great to cook with. Spuds such as potatoes, carrots and tomatoes are good choices.

Left over banana peels in the bin?

Add them to a compost heap.

CUT YOUR COMMUTE

Ride your bike or walk to work. Not only will you be doing more exercise but you will also be alleviating your finances by saving the money you would normally be spending on fuel or public transport.

REDESIGN YOUR HOME

Making your own cleaning products using soap, vinegar or lemon is a good start. Adapt your house to its natural environment and make the most of the wind, sun and rain surrounding it. If you live in a sunny region, switch to using renewable energy sources and install solar panels on your roof.

OUT OF OFFICE

Print pages only when you have to and if you do, try not print out endless copies of the same document to save paper. Also, remember to switch off your computer when you leave and turn off any other electrical equipment such as desk lights or space heaters.

SWITCH OFF LIGHTS

Don't forget to switch off all the lights in your house when you leave for work in the morning or when you go to bed at night.

It's a tiny move that can make a big difference.

Going Green in brief

CAR EMISSIONS Many cars put on weight without their owners realizing it. All sorts of things gradually accumulate inside, under the seats, in the glove box and in the trunk. Fifty kilograms of extra weight in the car will increase the fuel consumption by one or two per cent, so help your car lose its love handles, throw out the rubbish and reduce your emissions.

IDLING Don't idle. Any stop longer than 10 seconds will save you gas. The federal government's Office of Energy Efficiency says the average Canadian idles their car for five minutes a day, not counting warming it up on cold mornings. But cutting that out, you'll save about 42 litres a year — the equivalent of 101 kgs of greenhouse gas emissions.

BIRTHDAY GIFTS Have a family birthday coming up? Ask for only second-hand gifts from your guests. Go so far as to specify that on your invites. Need inspiration? For every can of garbage you put out, 70 cans are made upstream to produce that product, according to Annie Leonard's The Story of Stuff.

BABY WIPES If you are a parent of a young child, chuck your baby wipes. Most contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens, according to Gillian Deacon's Green For Life. Instead, try wiping your baby's bum with small washcloths and warm water.

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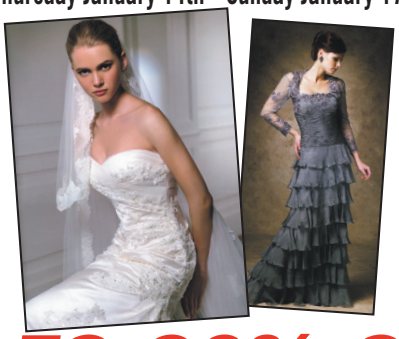

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Stephanie Charron
Health & Lifestyle

If you're like me, food is my best and worst friend. It's always there to comfort me and bring a smile to my face. Food is also the root of my unhappiness. When I look into the mirror or when my shirt / pant buttons scream for their life, the's nothing more that I hate thank the consequences of food. I have struggled with my weight and have filed trying to lose it. However, after a visit to the doctor, I have a completely new understanding of my body's ability to lose weight. Years of dieting have affected my ability to lose weight, but after consulting with Dr. Michael Ho, I have lost weight, regained the energy and I feel like a happy, healthy 34 year old.

"The reason most people cannot lose weight is because of their hormonal imbalance caused by chemicals in foods, stress and a poor digestive system - preventing daily elimination." says Dr. Michael Ho.

Dr. Michael Ho is a doctor with over 20 years of clinical experience, specializing in drug-free treatments for Canadians. He has studied and worked in countries throughout the world and has devoted his life to Health and Medicine. Dr. Ho has been recognized for his ability to Identify and correct the cause of the problem, providing long term solutions for his patents. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up, which can lead to bloating, constipation, fatigue, hormonal imbalance and weight gain."

After extensive research and testing, Dr. Ho developed a natural detoxifying supplement for his patients. "This product is 100% natural and comprises of vegetarian capsules, fibre and tea." Patients experience tremendous results and detox has become one of the most recommended therapies to help improve digestion, reduce bloating and improve ability to lose weight. A clean digestive system is essential to increase your fat burning metabolism and strengthen your immune system.

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Millions of people also suffer with digestive problems that affect both their weight and health. Until the colon is cleansed and the toxins removed, nutrients will not properly absorb, and your poor digestion can cause constipation, gas, bloating, IBS, headaches and weight gain.

If you want to lose weight and get healthy, you need to cleanse your system of all the processed, synthetic meals, greasy foods and chemically treated meats that can be making you sick and fat. Dr.Ho's Detox helps remove build up, toxins and chemicals to increase your metabolism and restore hormonal balance.

DR-HO'S Detox also meets the strict requirements for safety and effectiveness and is made with the highest quality ingredients found in North America. DR-HO'S Detox will not cause diarrhea, cramping or fatigue and is highly recommended by doctors for anyone looking to lose weight and improve their digestive and overall health. "My patients lose weight, their hair & skin look healthier, they sleep better and have better energy because DR-HO'S Detox allows them to properly absorb the nutrients and eliminate the toxins and waste." declares Dr. John Fujimigari.

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Since making the Detox System available to the public, we have sold out multiple times. "As a proud Canadian company, we have saved a limited number of Detox Systems for readers of the Metro Newspaper." As an exclusive New Years Resolution Special, Dr.Ho has agreed to give the first 100 customers 50% off. Plus, you will also get DR-HO'S Weight Loss Booster with a value of $60.

"The Detox System will help you lose the weight you can't lose by just exercising. Try it today and feel lighter, more energized and look and feel healthier and younger again." The days of dieting and weight gain are over.

To be one of the first 100 people, please call:
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www.DrHoNow.com

Audrey K

"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

- Audrey K.

Before

After

"The Detox System is very easy to use and I noticed results fast! I have a problem with eating unhealthy foods, especially late at night. But with DR-HO'S Detox, I know I'm eliminating the fat and grease before it can absorb into my body.

- Vincent H.

Before

After

"I have IBS, gas and bloating. Since taking the DR-HO'S Detox System, I feel so much better! My bowel movements are regular, I feel energetic! It's so simple to follow. I'm sleeping very well, that tea is the most relaxing tea - it's wonderful! And within 2 weeks, I've lost 6 lbs without doing anything different."

- Jane A.

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Canwest starts auction process for newspaper division
The Big Five Canadian banks have agreed to make a "stalking-horse" bid for the newspaper chain run by Canwest Global Communications, which filed for creditor protection Friday — setting the base price for an auction that could fetch more than $1 billion. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 97.00¢	US $5.71	US $82.75	11,953.83
(Friday's close)	(Friday's close)	(Friday's close)	(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Military eyes robotic tanks

Don't expect them to say "Hasta la vista, baby," but the robotic armoured vehicles and pilotless aircraft being developed by Canada's military scientists may one day be able to think for themselves.

The aim of the project by Canada's defence research branch, launched last fall, is to improve on the current generation of remote-controlled devices designed for the battlefield.

Defence scientists say what they're doing is a long way from the Terminator movies that made California Gov. Arnold Schwarzenegger a household name.

Unmanned

• The Canadian military currently employs Israeli-made Heron unmanned aerial vehicles (UAVs) to patrol bomb-infested roads and provide early warning of ambushes for troops in Afghanistan.

Franklin Wong, who leads the project at Canadian Forces Base Valcartier, Que., says the vehicles under study are not meant for combat but rather surveillance. Whether these robotic vehicles should eventually be armed is an ethical debate for policy-makers and leaders, he said. THE CANADIAN PRESS

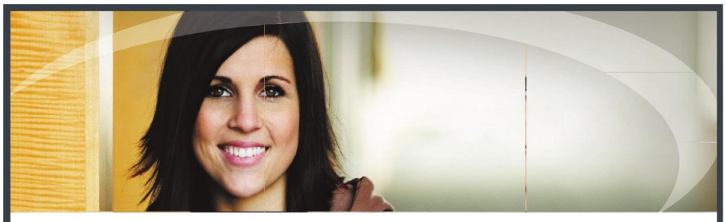
ANDY WONG/THE ASSOCIATED PRESS
Heavy traffic chokes a highway in Beijing over the weekend. China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent, data showed yesterday.

China is now world's leading exporter

TRADE China overtook Germany as the world's top exporter after December exports jumped 17.7 per cent, data showed yesterday, in another sign of China's rise as a global economic force.

Exports for December were $130.7 billion US. That raised total 2009 exports to $1.2 trillion, ahead of the $1.17 trillion for Germany forecast by its foreign trade organization, BGA.

China's new status is largely symbolic but reflects the ability of its resilient, low-cost manufacturers to keep selling abroad despite a slump in global consumer demand due to the financial crisis. THE ASSOCIATED PRESS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Soaring sugar prices leave sour taste for small bakers

SUGAR Canadians may soon have to dig a little deeper to satisfy their sweet tooth as soaring sugar prices are forcing bakeries to consider raising the cost of their delectable delights.

1.2M Canada consumes 1.2 million tonnes of sugar annually, with 85 per cent being used by institutions.

Production shortfalls primarily caused by heavy rain in India and Brazil have pushed world sugar prices to a 29-year high, nearly tripling in the past year.

"A raise in prices is imminent again, I just don't know when it's going to happen," says Penny Nevin, manager of Toronto's Altitude Baking. The small neighbourhood bakery expects it won't be able to avoid a hike of at least 20 per cent.

Unlike large companies that hedge sugar purchases to protect them from price spikes, local stores often have no choice but to jack up prices or accept lower profits.

The head of Canada's largest sugar refiner says most customers will avoid raising their prices unless sugar maintains its current level of about 28 cents US per pound for months to come. A year ago, prices hovered around 11 cents.

Edward Makin of Lantic said most bull markets in sugar last 18 to 24 months. This one has already lasted for 12 months. THE CANADIAN PRESS

Saving Nortel was long shot, Manley says

TECHNOLOGY Nearly a year ago, Nortel Networks imploded under mounting losses, falling sales and big debts, but former Liberal finance minister John Manley says saving the iconic Canadian company was always a long shot.

Manley, who stepped in as director after CEO Frank Dunn was fired, said while the board focused on digging itself out of old problems, other firms launched mergers as Nortel sat on the sidelines.

Then just as things were starting to look up, the economic downturn kicked in. "By October it was a crisis and by December the sales just went away," Manley said. THE CANADIAN PRESS

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Spain cracking down on illegal downloads
Spain has approved a plan to quickly shut down websites offering illegal entertainment downloads, joining Britain and France in moving to implement new crackdowns on Internet piracy. THE ASSOCIATED PRESS

Markets look set to move higher, investors confident

Stock markets appear set to build on the solid advance racked up in the first week of 2010 trading despite employment data that came out at the end of last week that widely missed expectations.

"This wasn't enough to change people's positive sense of the news that had come out earlier in the week, and so things are looking like they're on an improving path," said Norman Raschkowan, chief investment officer at Mackenzie Financial Corp.

"... Things are looking like they're on an improving path."
Norman Raschkowan, investment officer

Investors hope a better-than-expected U.S. retail sales report coming out Thursday will provide reassurance the economy at least isn't worsening.

The TSX ran up 1.76 per cent last week, while the Dow Jones industrials opened 2010 trading by gaining 1.8 per cent.

Markets were fired up early in the week after the Institute for Supply Management's manufacturing index came in at 50.1, which shows the sector is expanding, albeit at a sluggish rate.

The reading demonstrated the trend towards economic growth is intact, one reason markets had a muted reaction to Friday's U.S. jobs data. THE CANADIAN PRESS

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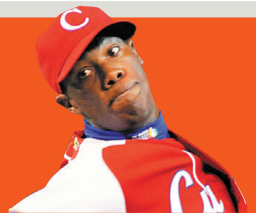
Sports



Chapman signs with Cincinnati

The Aroldis Chapman era in Toronto ended before it even began when the hard-throwing Cuban defector signed a reported five-year, $30-million US contract with the Cincinnati Reds. The signing ends speculation that has raged since July about where the free-agent southpaw would sign and just how much money he would make. The Blue Jays had reportedly offered Chapman $23 million over five years. TORSTAR NEWS SERVICE

EDITOR: DON.MCHOULL@METRONEWS.CA

Arizona pulls out OT win in highest-scoring playoff game

NFL Karlos Dansby's 17-yard fumble return for a touchdown in overtime gave the Arizona Cardinals a 51-45 victory over the Green Bay Packers in the highest-scoring playoff game in NFL history.

Aaron Rodgers, who started the game with an interception but was marvellous after that, was stripped by Michael Adams. The ball careened off Rodgers' foot and into the hands of Dansby, who ran untouched for the score.

Rodgers flung his helmet to the sideline in disgust as the reigning NFC champion Cardinals rushed the field to celebrate.

It brought an abrupt end to a sensational passing duel to rival any the NFL has seen between the playoff newcomer Rodgers and the old master Kurt Warner.

THE ASSOCIATED PRESS

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Solid QB play and strong defence prove to be the winning formula for the Dallas Cowboys. Scan this code for the full story.

Raps show fight, but fail

NBA RESULTS

Boston 114 **Toronto** 107

VS

The Boston Celtics wasted no time establishing a big lead on the Toronto Raptors, and Rajon Rondo made sure it counted for something.

The Celtics scored the first 10 points of the game and Rondo recorded his first triple-double of the season as the Atlantic Division leaders beat Toronto 114-107 yesterday at the Air Canada Centre.

"It was back and forth after we gave up a 10-point lead to start," Raptors head coach Jay Triano said. "But we fought back, we just couldn't get over the hump."

Chris Bosh led the Raptors (19-19) with 31 points and 13 rebounds before fouling out with 9.9 seconds left in the game.

Rondo finished with 22 points, 13 assists and 10 rebounds for his third career triple-double. Rasheed Wallace scored a season-high 29 points with 9-for-12 shooting that included a 5-for-7 game from three-point range for the Celtics (26-9), who led all the way.

FRANK GUNN/THE CANADIAN PRESS

Boston forward Paul Pierce drives to the hoop past Toronto's Hedo Turkoglu yesterday.

Bosh had only two points in the fourth quarter as the Celtics concentrated on defending him.

"We were just going with what was working," Bosh said of the fourth quarter.

"I think they really started paying attention to me a lot more and I was able to kick the ball to some open shooters. I don't want to force anything, you can't force anything because that's what gets you in trouble."

THE CANADIAN PRESS

Brady fumbles and Patriots stumble in loss to Ravens

NFL Not even the NFL's Comeback Player of the Year could bring the New England Patriots back from the deficit they fell into yesterday.

Two-time Super Bowl MVP Tom Brady, seemingly poised for another post-season run after missing almost all of last season with a torn-up knee, threw three interceptions and also fumbled the ball away in a first-round playoff game against Baltimore as the Ravens opened a 24-point first-quarter lead en route to a 33-14 victory.

"We got off to a terrible start in the first quarter and never really got back into the game," Brady said. "Playing the way we played today, we weren't going to beat anybody."

"Playing the way we played today, we weren't going to beat anybody."
Tom Brady

The Patriots have now lost consecutive playoff games for the first time in the Brady era, a decade of dominance that included three Super Bowl titles and a 16-0 record in the 2007 regular season.

THE ASSOCIATED PRESS

Sports in brief

MINORITY HIRINGS Recent minority interviews for NFL coaching jobs in Washington and Seattle under the Rooney Rule have raised questions whether the spirit of the rule has been violated. Former Indianapolis Colts coach Tony Dungy wondered about the process used by the Redskins, who interviewed assistant coach Jerry Gray for the head coaching position last month even though Jim Zorn still held the job.

FIGHT Manny Pacquiao will fight March 13 at Cowboys Stadium, but not against Floyd Mayweather Jr. Pacquiao promoter Bob Arum said yesterday he has finalized a deal to match Pacquiao against Joshua Clottey in a welterweight bout at the new $1.2-billion US stadium.

CURLING Brad Gushue of St. John's, N.L., earned his first career Capital One Grand Slam of Curling event yesterday, downing Edmonton's Randy Ferbey 6-4 to capture the Swiss Chalet National.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Carolina 4 Ottawa 1
Anaheim 3 Chicago 1
Columbus 2 Dallas 0
Tampa Bay 4 New Jersey 2

NBA

YESTERDAY'S RESULTS

Boston 114 TORONTO 107
L.A. Clippers 94 Miami 84
New Orleans 115 Washington 110
San Antonio 97 New Jersey 85
Cleveland at Portland
Milwaukee at L.A. Lakers

NFL PLAYOFFS

YESTERDAY'S RESULTS

AFC
Baltimore 33 New England 14
NFC
Arizona 51 Green Bay 45 (OT)

SATURDAY'S GAMES

AFC
N.Y. Jets 24 Cincinnati 14
NFC
Dallas 34 Philadelphia 14

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Deep freeze cancels most of Premier League action
Britain's deep freeze caused the cancellation of more than half of the weekend Premier League program. THE ASSOCIATED PRESS

Cujo hangs up skates

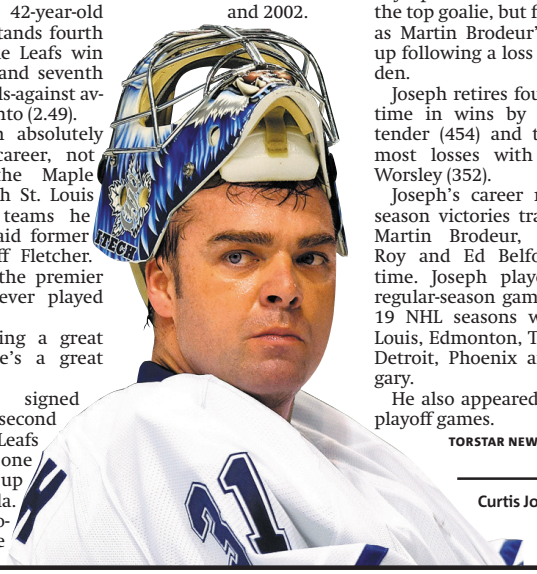
Curtis Joseph is officially calling it a career.

The Leafs will hold a news conference tomorrow for the 42-year-old Joseph, who stands fourth all-time on the Leafs win list with 138 and seventh in all-time goals-against average for Toronto (2.49).

"He had an absolutely tremendous career, not only with the Maple Leafs, but with St. Louis and all the teams he played for," said former Leafs GM Cliff Fletcher. "He's one of the premier goalies who ever played the game.

"Besides being a great goaltender, he's a great person."

Fletcher signed Joseph for his second tour with the Leafs last season, one spent backing up Vesa Toskala. His first go-round with the Maple Leafs was more glorious when he backstopped the team to the conference finals in 1999 and 2002.



Curtis Joseph

He won a gold medal with Team Canada in Salt Lake City. He started the Olympic tournament as the top goalie, but finished as Martin Brodeur's backup following a loss to Sweden.

Joseph retires fourth all-time in wins by a goaltender (454) and tied for most losses with Gump Worsley (352).

Joseph's career regular-season victories trail only Martin Brodeur, Patrick Roy and Ed Belfour all-time. Joseph played 958 regular-season games over 19 NHL seasons with St. Louis, Edmonton, Toronto, Detroit, Phoenix and Calgary.

He also appeared in 133 playoff games.

TORSTAR NEWS SERVICE

Wishful thinking for 2010

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

Even when you lose, sometimes you win. The last year in Canadian soccer was just that. The men's national team bombed out of World Cup qualifying in spectacular fashion.

Don't be confused — it didn't deserve to win. In fact, by most accounts it played horribly. But out of that has come some good.

There finally seems to be an understanding and willingness among the upper levels of the Canadian Soccer Association to make the reform, on all levels, that is needed.

If the CSA is committed to change and truly making Canada world class when it comes to the beautiful game, then these are the stories I would like to read about in the year ahead:

CSA general secretary Peter Montopoli open hand slaps the heads of the provincial bodies.

If Canadian soccer is ever going to be able to act as a cohesive unit, Montopoli needs the support of the provinces. Too long have they been allowed to go their own way on things like fees, development and what's in the best interest of the game.

If the provinces aren't willing to follow, Montopoli and the like need to be firm about what they want and find ways to make them fall in line.

A good place to start would be with recognizing private academies.

The OSA grows a SAAC.

Whether it's the fear of being replaced by something more efficient or just personal politics at play, the Ontario Soccer Association and other governing bodies need to find a way past its concerns about recognizing the private development academies.

Groups like the Soccer Academy Alliance of Canada can offer a professional environment for our young players to learn in — and get the training that is sorely lacking.

I've been told that the OSA is now trying to find ways within its membership to allow for private academy sanctioning but there are still some clubs that are resistant to the idea. Montopoli: Use that firm hand.

Other stories, unrelated to the CSA, I'd like to read about in 2010:

Montreal Impact joins MLS.

Quebec government: Find a way to get the Impact their stadium funding.

Vancouver Whitecaps sell more players abroad.

The Caps sold Marcus Haber to English side West Brom last week — once again showing that theirs is the development model to follow in North America.

If they can continue to show the potential in such a system (if just from a profits standpoint), maybe, perhaps, someday MLS will come around to the idea.

Lastly, and purely from a selfish standpoint I want to read: **Toronto FC makes MLS playoffs.**

In a city where there are no winners, a team that wasn't a loser would go a long way to selling the sport.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Sports in brief

SOCCER Togo withdrew from a continent-wide soccer tournament and its players reluctantly left Angola yesterday, two days after a deadly ambush on the team bus killed three and injured eight. A separatist leader warned, however, that violence would not likely end. It took a call from Togo's president to persuade the players to leave the African Cup of Nations; they said they wanted to stay and compete in honour of the assistant coach, team spokesman and Angolan bus driver who died in Friday's attack. THE ASSOCIATED PRESS

Olympics seen as money loser for NBC

NBC Universal says it expects to lose money on the upcoming Winter Olympics in Vancouver. NBC Sports chief Dick Ebersol says advertising sales for the Games have picked up over the past few months, but not enough to cover the fees NBC is paying. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

McIvor leads Canadian charge

B.C. native wins gold, two teammates take silver at World Cup skicross event

Ashleigh McIvor won gold to help Canada to a three-medal day at a World Cup skicross event yesterday.

McIvor finished ahead of teammate Julia Murray in the women's final. Canada's Stanley Hayer added a silver in the men's event.

"What was nice about today's win was I didn't advance because someone crashed," McIvor said. "It was all good strong starts and good strong skiing.

"It was really nice to come back to Les Contamines and finally race some air and some off camber doubles with good terrain and good flow. It's one of those courses that when you get to the bottom, you want to go do it again."

With the victory, McIvor rose to second in the overall standings with 247 points. Six-time overall World Cup champ Ophelie David of France was fourth to retain the overall lead with 290 points.

Olympic debut

- Skicross, which features a mass start and head-to-head racing on a course with turns, bumps, jumps and rolls, will make its Olympic debut next month at the Vancouver Games.

"I was kind of in shock when my teammate and I were in first and second," Murray said. "I was really excited."

McIvor and Murray are from Whistler, B.C.

Kelsey Serwa of Kelowna, B.C., was ninth, Danielle Poleschuk of Calgary was 10th and Aleisha Cline of Squamish, B.C., was 12th.

Hayer, of Calgary, finished behind Xavier Kuhn of France in the men's final. It was Kuhn's second career victory. He moved into second place in the standings with 225 points.

THE ASSOCIATED PRESS

CHRISTOPHE PALLOT/AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada takes first place during a World Cup skicross event yesterday in Les Contamines, France.

Torch run honours late Jack Poole, who led Vancouver's Olympics bid

The man who helped bring the 2010 Olympics to Vancouver but died just a few months shy of seeing the dream fulfilled was remembered during an emotional torch run yesterday.

Jack Poole, who was the chairman of the board of directors for the Games, was supposed to carry the torch in his hometown of Mortlach, Sask. But Poole died last October from pancreatic cancer and never got the chance to hoist the flame over his head.

Poole's wife, Darlene, carried the torch in his place.

"I'm finding it very hard to hold back tears, I'm so proud of Mortlach and the respect that they've shown for Jack," said Poole.

THE CANADIAN PRESS

DON MACKINNON/GETTY IMAGES

Squamish Nation Chief Ian Campbell cheers the announcement that Vancouver won the 2010 Olympic Winter Games bid at Vancouver's GM Place arena on July 2, 2003.

First Nations say pride, not money is true legacy from 2010 Olympics

The four First Nations whose land plays host to next month's Olympics say the true legacy of the Games for them isn't financial.

Each of the four bands — the Squamish, Musqueam, Tseil Waututh and Lil'wat nations — signed multi-million cash-and-land deals with the government for their support of the Games, though much of that largesse has yet to be used.

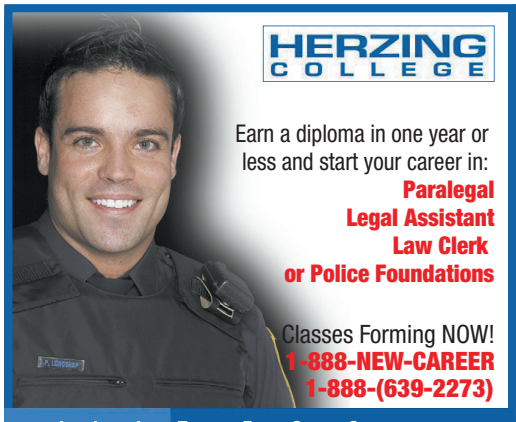
The Games have also created opportunities for aboriginal businesses and artists.

But band leaders say for all the financial benefit, the true power of the Games has been the creation of positive relationships between aboriginal people and business and community leaders.

The challenge now becomes turning those relationships into something meaningful once the Olympics are over.

One thing they're exploring is turning the not-for-profit society overseeing their role into a corporate consulting entity to help others work with First Nations to the same extent as Games planners.

THE CANADIAN PRESS



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McGill earth and planetary sciences department awarded $4 million gift
McGill University has received a $4.1 million donation from alumnus Robert Wares and his company, Osisko Mining Corporation, in support of students and junior faculty members in McGill's Department of Earth and Planetary Sciences. METRO NEWS SERVICES

Workology

Canada's PhD production low

In its report How Canada Performs: A Report Card in Canada, the Conference Board of Canada awarded the country an "A" in education and skills, up from a "B" in 2008. In comparison to 16 other developed nations, Canada came in second to Finland in overall education and skills outcomes. However, Canada ranked last in terms of educating and graduating doctoral students, earning a "D" in this category. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Peering into PR

RAFAEL BRUSILOW
for Metro Canada

Telling stories the right way and making sure they are heard is what Pat McNamara does best.

As founder and CEO of APEX Public Relations Inc., McNamara, 52, is known for being honest and straightforward in an industry often caricatured as being neither of those things. She's also been recognized as one of Canada's Top 100 Women Entrepreneurs and says what keeps her motivated and successful is a focus on trust and lasting relationships.

"The business I'm in is a lot about relationships. I don't think clients ultimately buy on price. Particularly in the service business, people want good relationships — they want to work with people they like," McNamara said.

Born in London, Ont., McNamara studied journalism in Calgary after getting an undergraduate degree from the University of Western Ontario. Like a lot of young journalists, she switched to public relations to get steady work and spent 16 years working for different agencies before deciding to branch out on her own.

When she started APEX in 1998 she was the sole employee in a small office, buying furniture on the same day new clients were walking in the door. McNamara even pretended to be her own receptionist once when a call came in because she didn't want an important client to think she had no secretary.

At the time, a recession was in full swing and the tech bubble hadn't yet burst, yet APEX found the year 2000 to be its best growth year in large part because while other PR firms were crumbling under the weight of economic hardships, McNamara's firm was revving up to take on clients.

Now, years later, McNamara's company numbers more than 30 employees and is a growing force in Canada. McNamara credits a lot of that growth to the increasing importance of good public relations management in a world where information travels faster than ever.

"PR used to be a 'nice to have,' now it's a 'have to have.' Public scrutiny is huge today so it's in the best interest of a company to be as transparent as possible and tell their story," she said.

McNamara used to be the chair of the Canadian Council of PR Firms and when it comes to negative perceptions of the public relations industry, McNamara is adamant that a few bad apples shouldn't be allowed to spoil the batch. She says the industry as a whole strives for ethical behaviour and practices because the public can see through lies and misdirection.

"As an industry we need to be clear that we are encouraging our clients to be transparent. You ultimately need to tell the truth and that's what we encourage our clients to do," she said.

McNamara's best piece of advice for budding entrepreneurs? Don't go it alone.

"I'm a really big proponent of good advisors because it's absolutely impossible to be good at everything."

Big names

- Apex clients include such big names as Nike, Nintendo of Canada and Bank of Montreal.

RAFAEL BRUSILOW/FOR METRO CANADA

Pat McNamara studied journalism, but like a lot of journalists, switched into public relations.

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Alberta training grant program struggles to meet demand
Post-secondary schools in Alberta are hoping for another funding boost in the next provincial budget after having to virtually halt applications for government-funded Alberta Works spaces because of overwhelming demand. METRO NEWS SERVICES

Artist at heart, pricing by trade

Appraiser, of Antiques Roadshow fame, knows the cost of anything

Odd Jobs

Diane Peters

Metronews.ca/oddjobs

PHOTO SUBMITTED

Charlotte McGhee is a professional appraiser.

When you love to draw and paint growing up, you can't help but dream of becoming a professional artist.

But halfway through her degree in visual arts at York University, Charlotte McGhee, now 34, decided being a starving artist wasn't for her. She transferred into cultural studies, hoping that would lead to a career.

It did. After graduation and a year teaching English abroad, she came home and found posting for a research assistant at a Toronto company that appraised art and antiques for insurance.

"I just have to get this," McGhee told herself. Her knowledge of art got her hired on the spot.

For seven years, she learned on the job. Senior staff members would go out and look at a piece of china, art, furniture or jewelry, and come back with photographs and notes. McGhee's job would be to compare their information to the materials in the company's extensive library, and write up a report for an insurance company on the object and its estimated value.

As the years passed, McGhee got quicker and more knowledgeable, and soon was doing field work too.

In 2006, the Canadian Antiques Roadshow on CBC needed a fine art expert, and called her in. She worked on the last two seasons of the show.

Around that time, she left her job and started M&G Appraisals (the G is for her husband Wade Gaudette, who helps her out sometimes but mainly works as a chef) out of her home in Orillia.

She does appraisals for insurance purposes, but also to help settle estates when someone has died, and to divide assets in a divorce. Sometimes, people are just curious about the value of their possessions.

Once or twice a week, McGhee attends auctions, mainly to keep herself current on the latest fads and prices. As well, she collects herself and sells a little too, so she'll often buy.

She divides the rest of her time between visiting client's homes to either do on-the-spot appraisals ("I have a huge database in my head, I can give pretty accurate quotes") or to take photographs and notes. Then, at home, she consults her library of books and the various electronic databases she subscribes to find comparable items to aid her in writing a report about the item and its estimated value.

Being around all these antique treasures all the time has its pitfalls. "In my house, there's not an inch of wall that doesn't have art on it. I have closets stacked with art: I don't know what to do with it all."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Appraiser
Salary: Her rates start at $150 for the first hour for most appraisals
Education/training: Fine arts background, certification through an organization such as the International Society of Appraisers.
Best Part of the Job: "Telling people they have something of value. And just doing something I love."
Worst Part of the Job: "When you have to tell people it's only worth ten bucks. Sometimes, people really need the money."

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Workology in brief

LAURENTIAN PRESIDENT'S VISION FOR THE NEW YEAR: In a recent interview with the Sudbury Star, Laurentian University president Dominic Giroux discussed his vision for the university in 2010 — the year the institution celebrates its 50th anniversary — and beyond. In the interview Giroux brings up the four priorities Laurentian is focusing on: National recognition; being a university of choice while strengthening its regional, bilingual, and tricultural mandate; student engagement; and community responsiveness. One important area of focus will be the new architecture school, which Laurentian's board of governors approved in principle last June. The university needs to raise $44 million for the school, and Giroux hopes to have the money raised by next summer. Laurentian is also looking at reviewing programs that might not be sustainable, and offering more minors. METRO NEWS SERVICES

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Leno returns to old slot
NBC confirmed that the Jay Leno prime-time experiment is over. NBC TV Chairman Jeff Gaspin said Leno's show will end with the beginning of the Winter Olympics on Feb. 12. Gaspin says NBC wants Leno to do an 11:35 p.m. show each night, a return to his old time slot. THE ASSOCIATED PRESS

Entertainment

Bublé to wed
Crooner Michael Bublé has asked his girlfriend Luisana Lopilato to marry him. He reportedly proposed to the Argentine actress & singer, 22, over the holiday.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Canuck comedy heroes return

The Kids in the Hall are back with Death Comes to Town

CHRIS ALEXANDER
for Metro Canada

When it comes to the high concept, cross-dressing, sacred cow killing comedy troupe The Kids in the Hall, "conventional" is a word that simply does not stick.

The celebrated Canadian counter-culture sketch-com heroes rose out of the clubs, eventually aligning themselves with Saturday Night Live producer Lorne Michaels in the 1980s and launching a wild, often controversial television series that lasted six glorious seasons on both CBC and HBO.

Now, after a 15-year absence, the Kids return to the airwaves with the new eight-part CBC miniseries Death Comes to Town, a dark, deliriously absurd show that blends the small town quirk of Corner Gas with the gothic, grand feel of the Final Destination films — all interpreted through the Kids' trademark abstract comedy sensibilities.

"We started writing a lot during our last live tour in 2008," says original member Mark McKinney who has the honour of playing the scythe wielding Grim Reaper. "It really kind of reignited that spark, that serious interest in actually doing TV again."

Death Comes to Town sees McKinney's disgruntled wraith accidentally ending up in the fictional backwater town of Shuckton, Ont., and inadvertently becoming embroiled in the often sordid lives of the local yokels, almost all of whom are played by the Kids in a variety of disguises.

But unlike any previous screen treatments of the Reaper, McKinney's Death is less grim and more rock-star chic.

"He's on a lousy route," says McKinney of his iconic alter ego. "He literally gets off this Greyhound bus into this crappy little town and has to deal with all this bizarre characters. Originally, I was full on Reaper but it just didn't feel right. So we stripped it back, made him edgier, more outrageous."

Lunacy is The Kids in the Hall stock-in-trade and Death Comes to Town is nothing if not a love letter to their fiercely devoted cult of fans.

"Each member has a totally different personality and set of influences," McKinney admits. "With me it's sociopath movies like Taxi Driver and the comedy of SCTV and Monty Python. But that's what makes our dynamic work, that's why we've endured."

Mark McKinney plays the Grim Reaper in The Kids in the Hall series Death Comes to Town.

Death Comes to Town premieres tomorrow night on CBC Television

"We started writing a lot during our last live tour in 2008. It really kind of reignited that spark, that serious interest in actually doing TV again."
Mark McKinney

Mom's 911 call reveals frantic effort to revive Murphy

A 911 call released Friday reveals the frantic efforts by Brittany Murphy's mother and husband to save the actress' life on the morning she died.

Murphy's mother, Sharon, is heard crying and telling a fire dispatcher that the actress wasn't breathing.

The dispatcher then gives directions to Sharon Murphy on how to try to revive Murphy. She relays the information to Murphy's husband, Simon Monjack, who had already started CPR and is heard in the background trying to revive the actress.

"My daughter's passed out," Sharon Murphy tells the dispatcher, adding that the actress had been ill, had vomited and was feeling dizzy. She states that her daughter wasn't taking any medication.

She also said on the eight-minute call that no one saw how Murphy collapsed. Sharon Murphy is heard crying and wailing at times on the call.

"Brittany please come back!" she is heard screaming.

Brittany Murphy, 32, was found in the bathroom of her Hollywood Hills home on Dec. 20 and was later pronounced dead at a local hospital.

Coroner's officials are awaiting the results of toxicology tests to determine how she died. They have said the family reported Murphy was ill with flu-like symptoms in the days before her death.

Murphy's family laid her to rest at a funeral service on Dec. 24 at Forest Lawn Memorial Park, Hollywood Hills.

Murphy moved with her mother, Sharon, to Los Angeles when she was a teenager to pursue an acting career. She started out in sitcoms and commercials in the early 1990s before winning starring roles in several films.

Her breakthrough role came in 1995, as a dowdy high school student (and best friend of star Alicia Silverstone's character) in Clueless.

Murphy worked steadily after that. She shared the screen with Winona Ryder and Angelina Jolie in 1999's Girl, Interrupted. She played Eminem's love interest in 8 Mile and Ashton Kutcher's wife in Just Married.

She starred as a suspicious girlfriend in 2004's Little Black Book and a barmaid with an abusive exboyfriend in 2005's Sin City. She also voiced Gloria the penguin in the 2006 animated film Happy Feet.

Murphy was juggling multiple movie projects in the months before her unexpected death, wrapping two indie thrillers over the summer and preparing to shoot a romantic comedy next month.

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Keyshia pregnant and engaged

After months of Internet speculation and rumours, singer Keyshia Cole is coming clean: Yes, she's planning a wedding with her NBA star fiancé, Daniel Gibson of the Cleveland Cavaliers. Yes, she's pregnant with their first child. PEOPLE.COM

Hard times in '80s

High Life built on strong characters

ADAM NAYMAN
for Metro Canada

Magician-turned-filmmaker Gary Yates' 2004 debut Seven Times Lucky was the trickiest movie ever to be set in Winnipeg — at least until the release of High Life, a twisty crime thriller adapted from Lee McDougall's award-winning play.

"I think (Winnipegers) get a kick out of it," says the director, who moved to the city after being born in Montreal. "It's fun to see the place you live on screen."

McDougall's dialogue-heavy drama about four drug-addicted parolees planning to rip off a series of ATMs doesn't specify a setting, so Yates' choice to shift the action to the 'Peg could be construed as an act of civic pride.

But his other changes — including moving the action to the early '80s — speak to something deeper.

"You forgive a lot more on stage," says Yates, who fortuitously came across McDougall's play while he was writing his own script about a heist gone wrong.

"But, I just couldn't buy the idea that these guys — even if they were drug-addled thieves — would believe they could pull that scam off today.

"In the early '80s, (ATMs) were new, not as sophisticated, no computers. And then that opened up a whole new theme for me: I was able to make a movie about these guys who were hung over from the '70s, trying to deal with this fast, new, drive-thru generation."

Even as he was reshaping the material, however, Yates says that he felt a sense of responsibility towards McDougall's characters.

"For a play to be able to function with four guys just sitting on chairs for an hour, you know the characters had to be strong. They were perfect. So writing High Life was like writing a sequel and a prequel to the play, but the heart of the original is still right in there. I saw it as riffing — expanding where the guys came from, and also seeing where they ended up."

"I've made movies about losers, but I don't judge them. And I hope that the audience doesn't judge them either."
Canadian filmmaker Gary Yates

A group of drug-addled parolees go on a crime spree in Canadian crime thriller High Life, based on Lee McDougall's play.

And while it's clear from High Life's opening scenes that these ambitious but oblivious characters aren't going to end up anywhere good, the film avoids condescending to their plight.

"I love all of my characters and I always have," Yates says.

"I've made movies about losers, but I don't judge them. And I hope that the audience doesn't judge them either."

• High Life opens in theatres this Friday

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German auteur an arthouse phenomenon

ADAM NAYMAN
for Metro Canada

"My films would not be the films they are if current cinema was not in the state it's in now."

So said Michael Haneke at the London Film Festival press conference for his newest film, The White Ribbon, an obliquely rendered drama about the mysterious goings-on in a rural German hamlet on the eve of Second World War, which won the Palme D'or at Cannes (in addition to a number of other prizes).

Given the Austrian auteur's love of cruel irony — think of the scene in (both versions of) Funny Games where a terrified woman accidentally flags down a car containing her assailants — it's worth pointing out that Haneke has had a not inconsiderable influence on this supposedly toxic cinematic climate.

His 1989 debut The Seventh Continent, which cast its clinical gaze at a modern Austrian family as they unravelled behind closed doors, won acclaim on the international festival circuit and thus emboldened an entire generation of anxiety-mongering art-house filmmakers, from Gaspar Noe (Irreversible) to Andrea Arnold (Red Road).

Code Unknown (2000) used a splintered narrative architecture to diagram racial and social divisions in present-day Paris: It's a great film, but it also unfortunately provided inspiration for a decade's worth of puzzle-box narratives.

Michael Haneke's The White Ribbon has won several prizes.

The commercial breakthrough of Cache in 2005 put Haneke in a rare position: That of a European auteur being embraced by the American mainstream. That he chose to spend his Cache cachet on a shot-for-shot Hollywood remake of his own 1997 "anti-thriller" Funny Games speaks to a kind of pedagogical obsession, although he insisted in our phone interview that he didn't "have any fear of being misunderstood."

The director's refusal to do any phone interviews for The White Ribbon means journalists can't press him on this last point — which would be appropriate in light of the new film's aggressive explication of its own carefully prepared mysteries.

Haneke's visual mastery and steadfast desire to take audiences out of their comfort zones are admirable. But as he enters his third decade as an enfant terrible, the really difficult question might be this: can a filmmaker bent on prodding the status quo survive his own transformation into an art-house brand name?

• The White Ribbon opens in theatres this Friday.

Marvel takes artist to court

LAWSUIT The home of superheroes including Spider-Man, the Fantastic Four and the X-Men sued one of its most successful artists Friday to retain the rights to the lucrative characters.

The federal lawsuit filed Friday in Manhattan by Marvel Worldwide Inc. asks a judge to invalidate 45 notices sent by the heirs of artist Jack Kirby to try to terminate Marvel's copyrights, effective on dates ranging from 2014 through 2019.

The heirs notified several companies last year that the rights to the characters would revert from Marvel to Kirby's estate.

The lawsuit said Kirby's work on the comics published between 1958 and 1963 were "for hire" and render the heirs' claims invalid.

Marc Toberoff, an attorney who represents the Kirby heirs, said he hadn't seen the lawsuit and had no immediate comment.

The lawsuit said the comic book titles in the notices to which Kirby claims to have contributed include Amazing Adventures, Amazing Fantasy, Amazing Spider-Man, The Avengers, the Fantastic Four, and The Incredible Hulk.

THE ASSOCIATED PRESS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

1. **Avatar:** $48.5 million US
2. **Sherlock Holmes:** $16.6 million
3. **Alvin and the Chipmunks: The Squeakquel:** $16.3 million
4. **Daybreakers:** $15 million
5. **It's Complicated:** $11 million
6. **Leap Year:** $9.2 million
7. **The Blind Side:** $7.8 million
8. **Up In The Air:** $7.1 million
9. **Youth In Revolt:** $7 million
10. **The Princess and The Frog:** $4.7 million

THE ASSOCIATED PRESS

Probation for Pratt

Court records show Stephanie Pratt will serve three years of informal probation after pleading no contest to a lesser charge in a drunken driving case. Pratt, who appears on The Hills, was arrested in October and charged with drunken driving. METRO NEWS SERVICES

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Sheen back at work

Charlie Sheen is back at work at Two and a Half Men and his producer said Saturday the actor's first show taping since his Christmas Day arrest was a big success.

Sheen taped an episode of the top-rated CBS comedy on Friday. He was arrested Dec. 25 in Aspen, Colo., on suspicion of domestic violence and other charges. Sheen's wife, Brooke, told police he put a knife to her throat, an accusation the actor denies. Attorneys say the couple wants to reconcile.

Sheen showed up at work Monday and rehearsals went well, said Chuck Lorre, the show's creator and executive producer. He said the incident wasn't ignored, but wouldn't say how it came up backstage. Lorre said Sheen seems to be doing as well as he can under the circumstances.

Sheen

"We did a live show in front of a studio audience and it was a big success for us," Lorre said. He described the audience as "incredibly supportive" of Sheen.

"We just came back to work," he said.

The Two and a Half Men production schedule was not altered because of the incident, he said.

Nina Tassler, CBS entertainment president, said the network has been "very sensitive to the fact that this is a very personal and private matter for Charlie."

CBS took the same "the show must go on" tack last fall when David Letterman admitted to affairs with staff members following an alleged extortion attempt. THE ASSOCIATED PRESS

Flashpoint, Bridge not on CBS lineup

TV Canadians waiting for CBS to finally add Toronto-lensed dramas The Bridge and Flashpoint to its schedule will have to wait a little longer.

CBS announced Saturday at the winter TV press tour that Miami Medical, a new series about a Florida trauma facility, will be getting the Friday night time slot in place of Numb3rs starting April 2.

CBS had programmed Flashpoint in that Friday night time slot last year before shelving the series, which has been a hit in Canada since it premiered on CTV. THE ASSOCIATED PRESS

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Clarke joins Vampire Diaries
Welcome to Mystic Falls, Melinda Clarke. The former O.C. actress will step into the role of Kelly Donovan, Matt's absentee, alcoholic mother on Vampire Diaries, TVGuide.com has confirmed. METRO NEWS SERVICES

GIF comeback: Remixing that close-up

Socialite

Rea McNamara

Read her blog at metronews.ca/socialite

It's strange when you realize the Internet is old enough to cause nostalgia. I won't bore you with my reminisces, but I'll admit to a Geocities home page I had that briefly included (as I was learning HTML basics) a blinking yellow and black diagonal "Under Construction" sign.

In this dial-up recall, that "Under Construction" sign was a declaration of my new-to-the-net status. It's an enduring piece of early Internet history, and even a testament to the animated GIF's democratic viral.

Today, the animated GIF is still alive in cyberspace; being used as a quick visual status update, as an insider-to-insider type of shorthand, and are being collected and shared among enthusiasts.

Scroll through comment threads, and you'll catch postings augmented by mini-cinematic loops of pop culture: That Jersey Shore Snooki punch, the bared fangs of a True Blood vamp. There are even online communities devoted to collecting animated GIFs, and honouring those who make them.

Indeed, this web relic's re-discovery owes much to the net artists who've made these small graphic file formats an artistic medium in itself, says Canadian writer and artist Sally McKay.

"Artists who use technology are very interested in older technologies and pushing them beyond commercial and mainstream use," explains McKay of the current "retro" appeal. "It's that real involvement of the medium in a very direct way, (since) it's so easy to access, share and upload."

The former co-owner and editor of influential Toronto art magazine Lola, McKay recently published an essay analyzing animated GIFs on Art&Education, a contemporary art website launched last summer by Artforum.

Canadian artist Lorna Mills, who shares an art blog called Digital Media Tree with McKay, is quick to dismiss any "sentimental aspects" to the GIFs she creates from her own and found videos.

"Artists who use technology are very interested in older technologies and pushing them beyond commercial and mainstream use."
Sally McKay

The visual artist and flash game programmer — who is developing video for mobile delivery on iPhone and PSP, amongst other platforms — says her remixing of nature broadcasts and Hollywood movie footage as a deliberate "repurposing" of mainstream images.

"It's sort of like an art of participation that illuminates to me how I define myself as an artist," Mills writes via email. "Making images amongst many many image producers that don't position themselves as artists, yet (still) manage to engage me fully with their creations."

Glitter Graphics

• When New York art news, reviews and gossip blog Art Fag City asked Lorna Mills for her 2009 web pick, she chose flashing "glitter graphics" generator Blingee.com "for the sheer joy of making an inane image even more ridiculous." (You can see Mills' own Blingee creations — complete with sparkly lipstick kisses and licking fire flames — on her image dump archive at Digital Media Tree.)

Canadians really dig social game FarmVille

Canadians appear to really dig FarmVille — an online farming simulation that boasts more than 73.8 million daily users worldwide just six months after it was launched.

Canada is the sixth biggest country in terms of the number of visitors to FarmVille, the most popular social game among Facebook's 350 million users. The United States is number 1, followed by Turkey, the Philippines, the United Kingdom and Italy.

The game has also spawned FarmVille videos on YouTube, including a rap video. Players can manage a virtual farm by planting, growing and harvesting virtual crops, trees and livestock.

"Initially it's very addictive," said Toronto television producer Robert Prowse, 59, who says he spends about half an hour a day on the game.

"It was my sister-in-law in Calgary who got me playing because everybody's looking for neighbours. In order to get points and expand your farm and things like that you have to find other players."

"It's like monopoly — who can get the biggest farm, the most equipment."
Robert Prowse

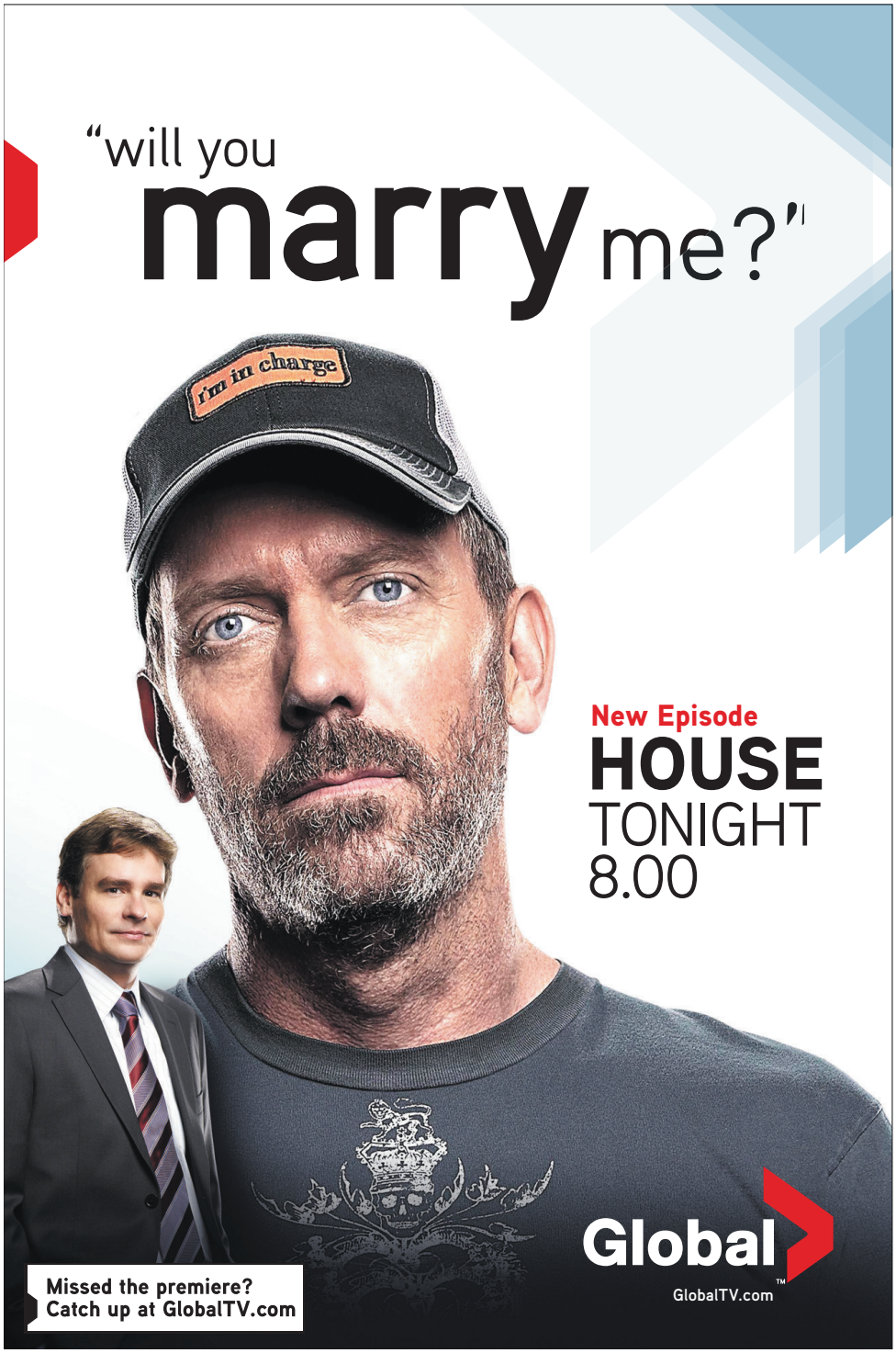
Players can buy everything they need for their virtual farm including seeds, trees, animals, buildings and more land using FarmVille currency called coins. Players earn the coins by selling crops or by accumulating cash at a rate of $1 per experience level.

For those not content to earn their coins and cash in the virtual world, real-world credit cards can be used to purchase them from the game's developer, Zynga.

"It's like monopoly — who can get the biggest farm, the most equipment," said Prowse.

Just like a real farm, if the crop isn't harvested in time, it will wilt and have to be plowed again so the player won't be able to reap the profits.

THE CANADIAN PRESS



CLUB METRO WEEKLY REWARDS

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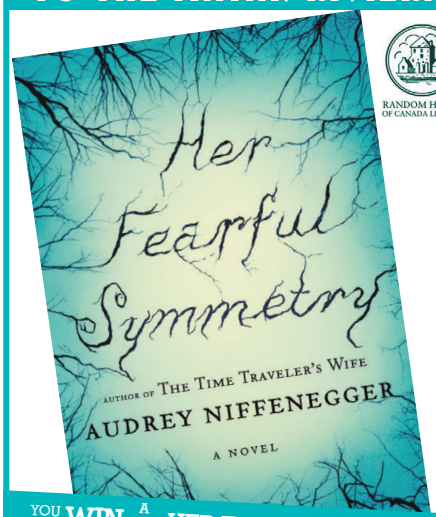

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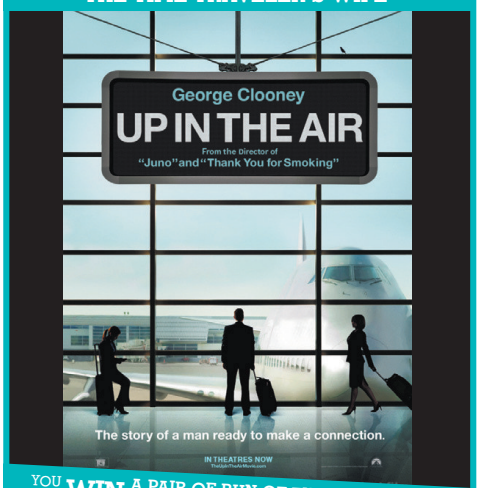

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Linney in cancer comedy

Showtime says it will be looking for laughs from cancer in a new series starring Laura Linney. The Big C will begin shooting this spring. THE ASSOCIATED PRESS

Mix of Six

STAGE
The Next Stage Theatre Festival and jsquared.theatre presents Gas at the Factory Theatre, Studio, 125 Bathurst St. fringetoronto.com.

THEATRE
The Red Queen Effect is being staged at the Factory Theatre, 125 Bathurst St. fringetoronto.com.

MUSEUM
Canadian Content, featuring portraits by award-winning photographer Nigel Dickson, is on display at the Royal Ontario Museum, 100 Queen's Park. rom.on.ca

SCIENCE
Body Worlds, offering an intimate look at the human body, and The Story of the Heart are both on display at the Ontario Science Centre, 770 Don Mills Rd.

PHOTOS
Filmmaker Billy MacLellan is exhibiting his photos at the Northern District Library, 40 Orchard View Blvd. torontopubliclibrary.ca

THEATRE
A complete collection of Olympic medals from 1896 to 2008 is on display at the Hockey Hall of Fame, 30 Yonge St. hhof.com

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Is Hannah over?

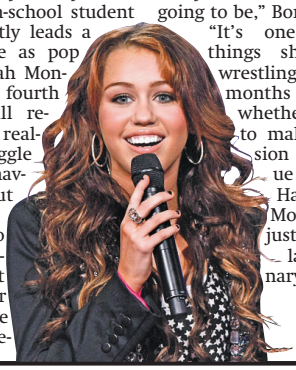
Hannah Montana may be history.

A Disney Channel executive says the popular show starring Miley Cyrus is likely to shut down for good after filming its fourth season.

"You never know in this business . . . but right now we're scheduled to wrap after shooting this new batch of episodes," Adam Bonnett, senior vice-president of programming, told the New York Post in its Friday edition. Production on season four is set to begin later this month, Bonnett said. Those episodes will start airing in late spring.

Cyrus plays Miley Stewart, a high-school student who secretly leads a double life as pop star Hannah Montana. The fourth season will reflect the real-life struggle Cyrus is having about saying goodbye to the character that made her famous, the Post reports. The current season is set to conclude in March with "a big one-hour event where we find out what Miley Stewart's decision is going to be," Bonnett said. "It's one of the things she's been wrestling with for months — whether it's time to make a decision to continue being Hannah Montana or just be a regular, ordinary girl."

"It's one of the things she's been wrestling with for months — whether it's time to make a decision to continue being Hannah Montana or just be a regular, ordinary girl."
Disney's Adam Bonnett



THE ASSOCIATED PRESS

To	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/11/10 primetime	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		The Last Nazis (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "The Down Low"		Lie to Me		Heroes "Close to You"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
	214	344	7	CITY	Chuck (HDTV) (N)		The Bachelor: On the Wings of Love (HDTV) (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Access H.	The Mentalist (HDTV) (N)		Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		CTV News
	218	345	11	CHCH	*Harriet the Spy* ★★ (1996, Comedy-Drama), Rosie O'Donnell				*The Handmaid's Tale* ★★ (1990, Science Fiction)				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	The Insider (N)	George Lopez	*Imaginary Playmate* (2006, Suspense) Dina Meyer.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	How I Met	Accidentally	Two/Half Men	Big Bang	CSI: Miami (HDTV) (N)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Chuck (HDTV) (N)		Heroes "Close to You"		The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	The Bachelor: On the Wings of Love (HDTV) (N)				Castle (HDTV) (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Tough Love		Fringe "Unearthed" (N)		Castle (HDTV) (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	House "The Down Low"		Fringe "Unearthed" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Time Goes By	Antiques Roadshow (N)		American Masters (N)		American Masters		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	One Tree Hill (HDTV)		Gossip Girl (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		World's Oldest Moms (N)		National
	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		The Detroit Auto Show		Biography on CNBC (N)		Biography on CNBC (N)		Mad Money
sports	405	417	22	net	Snowboarding		Skiing FIS Freestyle Moguls.		UFC Fight Night (HDTV) (Live)				Sportsnet Con.
	400	400	30	TSN	NBA Basketball Toronto Raptors at Indiana Pacers. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Barrett-Jackson		Car Crazy
family	551	542	25	YTV	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Dine With Me	How Clean Is	Love It or List It "Gallagher"		Love It or List It		Confidential
	570	580	29	MM	Secret Life of American Teen		So You Think You Can Dance		So You Think You Can Dance		Video on Trial	Video on Trial	MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Gabe V."		Intervention "Jackie" (N)		Hoarders "Linda; Todd"		Paranormal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Commissario				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		All Access		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Due South		Amer. Funniest Home Videos		Gilmore Girls		*Days of Thunder* ★★ (1990, Action)		
	616	521	39	SHO	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				Bones		NCIS
	620	523	40	BVO	Chimeras	Pater Noster	Andiamo Three tenors.		Death in Venice Canadian pianist Louis Lortie.			Glee Club	Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Nearly Dead	Newlywed	Tori & Dean: Home		Love Inc.	Love Inc.	ET Canada
	522	506	43	HIS	Massacre at Verrieres Ridge		Greatest Tank Battles		Lost Worlds		Shockwave		Tank Battles
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Comedy Central's Hot List		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*The Legend of Bagger Vance* (2000)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		Beyoncé... I Am Yours		*A Day in the Life* (2009, Musical) Sticky Fingaz.				Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "The Little Prince"		*Path of Destruction* (2005, Science Fiction), David Keith				Stargate SG-1
	581	566	52	MTV	Over the Bolts	After	Cribs	Parent Control	Teen Mom		Super Sweet	Teen Cribs	MTV Live
	618	524	54	TROP	Re-Vamped		Parking Wars	Parking Wars	Flipping Out		Launch My Line		Prod. Parker
	603	561	56	FOOD	Ricardo	David Rocco	Restaurant Makeover		Top Chef Masters		Pitchin' In	Glutton	Restaurant
	261	394	60	V	Murder, She Wrote		Husband & I	Wait for God	*Doc Martin and the Legend of the Cloutie* (2003, Comedy)				Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	526	507	249	VIVA	Cold Case "Colors"		Missing "So Shall Ye Reap"		The Closer "Next of Kin"		Cold Case "Colors"		Mediums
	300	601	301	M1	*Nick and Norah*		Sanctuary "Requiem"		Tracey Ullman	Tracey Ullman	Secret Diary	Secret Diary	Secret Diary
	305	612	306	PIX	*Arizona*	(7:20) *Crosswinds* ★★ (1994, Action)			*Lock, Stock and Two Smoking Barrels* ★★★ (1998)				*Last Wedding*
	520	146	-	DISC	Daily Planet (N)		MythBusters		Man vs. Wild "Alaska"		Dirty Jobs (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	*Fantasy Island* (1977)		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	First Class All the Way		FashionTele	RAW	Canada's Next Top Model		Hollywood Sugar Mamas		1st Class Way

Jon Gosselin's new flame
Kate Gosselin may have a new hairdo, but ex-husband Jon Gosselin has a new girlfriend. Gosselin, 32, is dating Morgan Christie, 25, according to People. The couple met while skiing in Utah, according to the magazine. METRO NEWS SERVICES

Celebrity Buzz

Divorcees unite

THE PAST IS THE PAST Though their marriage was more than rocky, Sean Penn and Madonna have apparently put the past behind them, as the pair were spotted looking chummy at a hotel restaurant in New York recently, according to Page Six.

"Penn stopped by the table to say hi," a rep for Madonna confirms. The two were "laughing and chatting," according to a source. "They seemed to be getting on so well, we had to look twice to make sure it really was Sean Penn she was with."

METRO WORLD NEWS

Brit's beau spotted with not one, but two babes!

HE'S GOT SOME EXPLAINING TO DO A night on the town nearly spelled the end for Britney Spears and boyfriend Jason Trawick, according to the Daily Mirror. Trawick was reportedly spotted recently at a Los Angeles bar with a pair of attractive women.

"When she heard he'd been caught cozying up two girls in The Roger Room, it was the last straw," a source tells the newspaper. "Jason's really not like this and quickly tried to calm Britney down and rectify the situation. He explained the girls were just friends and there was nothing in it but they still had a massive row."

All seems to be well, however, as the pair met up this weekend at the Chateau Marmont and left together.

METRO WORLD NEWS

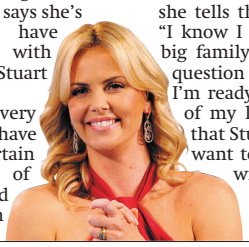
Celebrity tweets

Jon Favreau lives with some tough critics, Heidi Montag finds happiness and Ellen DeGeneres gets around

• @Jon_Favreau It's a split decision. My 8 year old thought Avatar was better, but my 6 year old went with the Squeakquel.
• @heidimontag just got the best spray tan! I haven't been tan is so long! I wish it would last forever, maybe one day
• @TheEllenShow I'm on the cover of Entertainment Weekly with Simon! Shhh, don't tell Oprah I'm cover-cheating on her.

METRO WORLD NEWS

It's baby time: Theron



READY FOR NEXT STEP After nine years together, Charlize Theron says she's ready to have children with boyfriend Stuart Townsend.

"I feel very blessed to have had a certain amount of success and now I'm reaching the point where I would love to be a mom," she tells the Daily Mirror. "I know I want to raise a big family and it's just a question of time. I know I'm ready for that phase of my life and I know that Stuart is the man I want to take that step with."

METRO WORLD NEWS

On the market...

FRIENDLY SPLIT After a few months happily dating electrician Jamie Padgett, Pamela Anderson is reportedly on the market again, according to Radar Online.

"Pam made it pretty clear she is no longer dating Jamie and that she was looking for a new love interest," a source says. "She didn't have anything bad to say about him and described him as a 'sweet guy' and that she hoped they would remain friends."

Anderson and Padgett began dating after the actress moved into a trailer while her house was being renovated.

METRO WORLD NEWS

Be careful with your compliment

STRANGE ADMIRATION Sharon Stone has a lot of admiration for Meryl Streep — she just has a funny way of showing it. "She looks like a woman we can all relate to," the Basic Instinct star tells Tatler magazine. "I look at her and I think, 'I'm chasing my kids, I've moved my parents in with me, I'm coping with food spills — that looks like me in real life.' Meryl looks like an unmade bed, and that's what I look like."

METRO WORLD NEWS

'We really, really love each other'

TWICE CONFIRMED Here's one way to battle divorce rumours: One year after they tied the knot, Josh Duhammel and Fergie reportedly renewed their vows in a private ceremony in Santa Barbara, Calif., according to Radar Online.

METRO WORLD NEWS

Follow these tweet clues

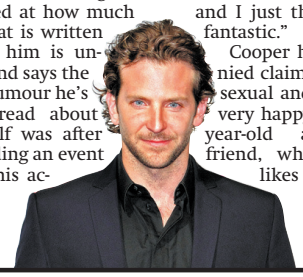
IS BABY BRAND ON THE WAY? Katy Perry has got people.com curious about whether she is, or isn't, pregnant. People.com admits it may be reading between the Tweets, or the 25-year-old singer is sprinkling clues she's having a baby with new fiancé Russell Brand.

It started with her Jan. 1 message: "Let me tell you 2010 is BUMPIN!" Then on Friday, Perry wrote, "Hey @rustyrockets" — Brand's Twitter name — "i heard ur pregoed." She adds, "I WANT IN AND OUT," a Southern California hamburger chain, before telling Brand, "I love you … (awwwww barf!)."

The website says it is all very cryptic, but adds it was only a few days ago that Perry made oblique song lyric references on Twitter.

METRO NEWS SERVICES

Guess my orientation



BEST RUMOUR EVER Bradley Cooper thinks it was "fantastic" people thought he was gay, femalefirst.co.uk reports.

The actor — who is dating Renee Zellweger — is amazed at how much of what is written about him is untrue and says the best rumour he's ever read about himself was after attending an event with his actor friend Victor Garber and it was reported they were dating.

He said: "People thought we were dating. It was all over the Internet. It was the first time I read a rumour like that about me, and I just thought it was fantastic."

Cooper has always denied claims he is homosexual and insists he is very happy with his 40-year-old actress girlfriend, who he "really likes very much."

METRO WORLD NEWS

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Today 40% Flurries -5°/ -12°
Tuesday Mainly sunny -6° / -10°
Wednesday Variable -2°/ -3°

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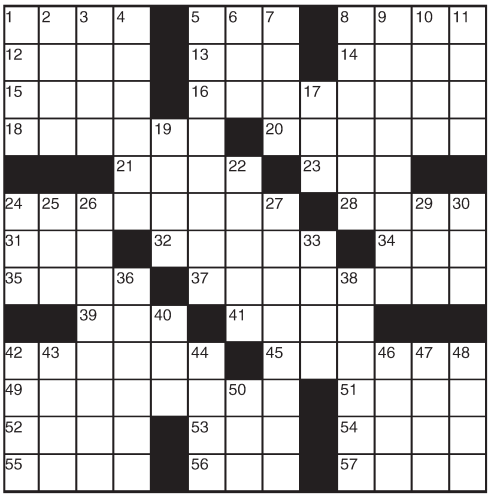


ACROSS

1 With (Fr.)
5 Recipe meas.
8 Sleeping
12 Prima donna
13 Regret
14 Give a darn
15 Tel —
16 American dessert
18 Pepperdine University site
20 Type of bird dog
21 Intentions
23 Square root of IX
24 Draw near
28 Despot
31 Meadow
32 Porch
34 Compass pt.
35 Get your second wind
37 Book supplement
39 — Beta Kappa
41 Architect Saarinen
42 Scottish landowners
45 Many Christmas decorations
49 Highly pertinent
51 Hawaiian island
52 Acute
53 Fleur-de- —
54 Of the ear
55 Being (Lat.)
56 Chances, for short
57 Dilbert's workplace

DOWN

1 Leading man?
2 "— Las Vegas"
3 Satan's specialty
4 Fancy fish eggs
5 Disordered mental states
6 Dine
7 Energizes, with "up"
8 Vinegary
9 Christened
10 One of a Great quintet
11 Antelope's playmate
17 Garland from
19 Life stories, for short
22 Range
24 Matterhorn, for one
25 "The Princess and the —"
26 Primitive wind instruments
27 Despairing
29 Blackbird
30 Tyrannosaurus —
33 Actress Gilpin
36 Royal perch
38 Worthless
40 Egos' counterparts
42 10-Down, e.g.
43 Tarzan's cronies
44 Missile shelter
46 Loathe
47 Not that
48 Leeches do it
50 Gratuity

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		3		8	1		
	8			2	4			
		7					5	
		6			1			3
4								9
5			2			4		
	6					7		
			7	5			8	
		1	8		6		3	

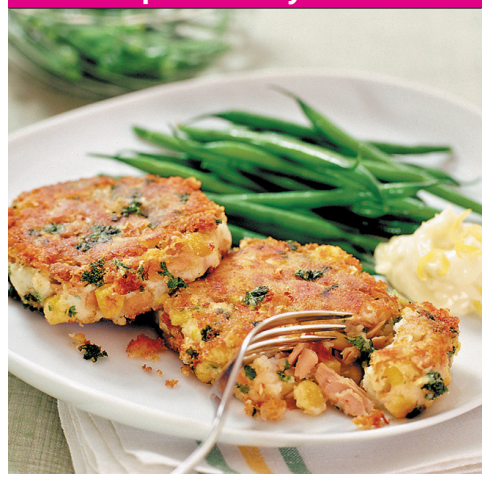
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	9	2	4	7	3	5	6	8
6	3	7	8	1	5	4	9	2
8	4	5	2	6	9	3	7	1
2	6	9	3	5	7	1	8	4
4	5	1	9	8	2	6	3	7
3	7	8	1	4	6	2	5	9
9	8	6	5	2	4	7	1	3
5	1	4	7	3	8	9	2	6
7	2	3	6	9	1	8	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Tasty Tuna Fishcakes

INGREDIENTS:

1 lb (500 g) potatoes, peeled and cut into chunks
2 tbsp (25 mL) butter
1 tbsp (15 mL) creamed horseradish
2 tbsp (25 mL) chopped fresh parsley
3 scallions, chopped
3/4 cup (175 mL) canned corn, drained
6 oz (170 g) can tuna chunks, drained
2 tbsp (25 mL) flour
2 tbsp (25 mL) canola oil

METHOD:

To serve
Tartar sauce and lemon wedges

1. Cook potatoes in pot of boiling water 15-20 minutes. Drain, then return to pot with butter and mash until very smooth.

2. Add horseradish, parsley, scallions and corn to hot mashed potato and stir; add tuna and season to taste. Let cool slightly.

3. Shape mixture into eight thick flat cakes, each measuring 2 3/4 in. (7 cm) in diameter. Dust on both sides with flour.
4. Heat oil in large frying pan. Add fish cakes and cook over medium heat 3-4 minutes per side or until well browned, turning with slotted spatula. Serve hot with tartar sauce and lemon wedges.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You should not be waiting for others to tell you what to do, you should be out there doing it for yourself. What are you waiting for?

TAURUS ♉
APRIL 21-MAY 21
You may be reserved by nature but that does not mean you don't want to get ahead in the world. You are determined to reach the top.

GEMINI ♊
MAY 22-JUNE 21
You can do no wrong at the moment. Both in your personal life and at work you are the center of attention, and rightly so.

CANCER ♋
JUNE 22-JULY 22
Do opposites really attract? Yes they do and someone who is as different from you as it is possible to get will catch your eye.

LEO ♌
JULY 23-AUG 23
Everyone has daydreams but you seem to be enjoying more than your fair share at the moment.

VIRGO ♍
AUG 24-SEPT 22
You will be on the best of terms with everyone today, but one particular individual will get the full Virgo treatment: you'll make them feel like a star.

LIBRA ♎
SEPT 23-OCT 23
It's a good thing you know how to juggle several things at once because your commitments are beginning to get out of hand.

SCORPIO ♏
OCT 24-NOV 22
You would be the first to admit that you have made a few enemies and one of them will cause you some trouble today.

SAGITTARIUS ♐
NOV 23-DEC 21
Try not to be too annoyed if someone you live or work with lets you down today. It may turn out to be a blessing in disguise.

CAPRICORN ♑
DEC 22-JAN 20
Be careful what you say over the next 24 hours because your words may sound harsher than you intended.

AQUARIUS ♒
JAN 21-FEB 18
You may not be much looking forward to the week ahead but it will be a lot more fun than you imagine, so start looking around for reasons to be happy.

PISCES ♓
FEB 19-MARCH 20
The planets indicate that friends and colleagues will help you out in any way they can – all you have to do is ask.

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This day in history

1569: First recorded lottery in England.
1787: William Herschel discovers Titania and Oberon, two moons of Uranus.
1879: Milk is first delivered in bottles.
1908: Grand Canyon National Monument is created.
1922: First use of insulin to treat diabetes in a human patient.
1935: Amelia Earhart is the first woman to fly solo from Hawaii to California.
1994: The Irish Government announces the end of a 15-year broadcasting ban on the IRA and its political arm Sinn Féin.

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